



If you notice someone struggling

Every one of us has the inherent ability to be a support to another person. If you see signs that someone you know is struggling, you can be a great support to them by asking if they are OK and being willing to listen and get them to help if needed. Don't ever underestimate the power you have to connect with another person and help them find hope and stay safe.

- Reach out, ask if they are OK, and make time to Listen to them, acknowledge their struggle, encourage them to keep talking.
- Encourage them to seek help wherever they feel most comfortable. This might be their GP, family or friend, religious or community leader, or anyone they feel they can trust. If they're searching for local support but don't know where to start, see our Service Finder.
- Ask them directly if they are thinking about suicide. It needs to be a direct question that can't be misinterpreted such as: "Are you having thoughts of suicide?"
- If they're thinking about taking their own life, encourage them to call Lifeline on 13 11 14 - or you can reach out on their behalf, we can help you keep them safe.
- If you are worried about the immediate safety of the person contact emergency services on 000.

Three steps to prevent suicide

Ask

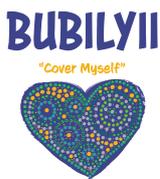
If you think someone might be suicidal, ask them directly "Are you thinking about suicide?" Don't be afraid to do this, it shows you care and will actually decrease their risk because it shows someone is willing to talk about it. Make sure you ask directly and unambiguously.

Listen and stay

If they say 'yes', they are suicidal, listen to them and allow them to express how they are feeling. Don't leave them alone. Stay with them or get someone else reliable to stay with them.

Get help

Get them appropriate help. Call a crisis line like Lifeline 13 11 14 or 000 if life is in danger. If you can get in straight away, visit a GP or psychologist. Offer to make the appointment and accompany them if it is their wish. Even if the danger is not immediate they may need longer-term support for the issues that led to them feeling this way.



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#YouCanTalk

Lifeline is proud to be part of the #YouCanTalk movement, a collaboration of suicide prevention and mental health service providers committed to empowering all Australians to have a conversation with a friend, family member, or work colleague they are concerned about.